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Maum Meditation

Maum Meditation is
changing human mind
to infinite universe mind

**DON'T GET LOST ANYMORE
FIND YOUR TRUESELF HERE**

Free Introductory Seminar

Where_ Maum Meditation Lynnwood Center
22401 66th Ave W Mountlake Terr. WA 98043

When_ Every Thursday @ 7pm

RSVP/Info_ 425.336.0754, maumlynnwood.org

www.maumusa.org

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Abandon

It is with great earnest
that I say to you.

abandon your attachments,
abandon your discernments,
abandon what you know,
abandon your pride,

abandon anything
and everything
in your subconscious
that moves you.

Completely remove
the fundamental roots
of all of your thoughts.

Be simple and innocent.

Be like a child.

Be a person that knows nothing.

Abandon your curiosity.

Do not be cunning.

Abandon wealth and prosperity.

Such things are what sicken you,
that are your worst enemies.

Ⓐ





Coexist

I, who does not possess,
am beautiful
I, who can give everything,
am beautiful
You, who does not possess,
are beautiful
You, who can give everything,
are beautiful
We, who do not seek from
each other, are beautiful
We, who help each other,
are beautiful
We are always together,
we are beautiful
We can do together.
We are beautiful
We, who transform pain
to happiness, are beautiful
We, who transform impure
to pure, are beautiful
We, who believe in
each other, are beautiful
We, who love nature,
are beautiful
We, who transform from incompleteness
to completion, are beautiful
People are beautiful
Nature is beautiful
The universe is beautiful
Coexistence is heaven

(A)



What is Maum Meditation?

Maum Meditation is changing human mind to infinite universe mind and thus is being reborn as the body and mind of the Universe. If you are reborn as the Universe you will eternally never die.

Is There Anything In The World That Is As Important As Living Forever?

The human mind is a picture that man has taken of the world, and his self lives inside that picture. Therefore, if you get rid of that world of pictures, you become the Universe Mind. It is necessary to be born as the Truth which is the body and mind of the Universe in order to live eternally.

Human Mind



- Negative mind (mind of stress, mind of pain)
- You cannot understand the Bible or Buddhist Sutra.
- Because there is mind, it is not good for health.
- You cannot know where human comes from, why he lives, and where he goes.
- Because it is an illusion, it disappears.

Universe Mind



- Positive mind
- You can understand the Bible and Buddhist Sutra as they are spoken from this place.
- Because there is no mind, it is good for health.
- You can know where human comes from, why he lives, and where he goes.
- You are born again in the true world and live forever.
- You yourself can know all the principles of the world.
- Happiness
- Joy
- Eternal life
- Great freedom, Great liberation

7 Levels of Maum Meditation

Maum Meditation has the method to live forever.
The solution is subtracting the human mind.



Level 1

Throwing away the remembered thoughts



Level 2

Throwing away the images of myself, images of my human relationships, and myself



Level 3

Throwing away my body



Level 4

Throwing away my body and the universe



Level 5

Throwing away my body and the universe



Level 6

Self disappears by subtraction and become the Universe



Level 7

Throwing away the illusory world of pictures and myself living inside that world



Only the Origin remains



Reborn from the Origin
(Reach Human Completion)

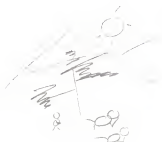
The Founder Woo Myung

Author, Teacher, World Peace Ambassador and Founder of
Maum Meditation

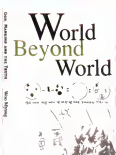
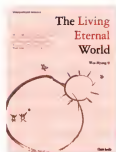
Woo Myung was born in the Kyeongbuk province of South Korea. The many struggles he experienced and witnessed throughout his life instilled in him a yearning to find a way to achieve peace and happiness for himself and others. In January 1996, while meditating in the mountains of South Korea, Woo Myung became enlightened. He then founded Maum Meditation and has dedicated his life ever since to help others become enlightened through his method of subtraction and teachings. For his dedication and efforts in helping all people, Woo Myung was awarded the Mahatma Gandhi Peace Prize by the United Nations-NGO, International Association of Educators for World Peace (IAEWP) in September 2002. Woo Myung has also been appointed as a World Peace Ambassador by the same organization.

"Throughout history we only heard of Truth, but it is now the age when anyone can become a saint and a holy person. What people truly need to do is to become Truth and complete, and thus become immortal. There is nothing more important in the world than living, which is why there can be nothing more important than this."

-Woo Myung



His Books of Wisdom



Woo Myung is the author of numerous books including:

- Where You Become True Is The Place Of Truth
- Stop Living In This Land Go To The Everlasting World Of Happiness Live There Forever
- The Eternal Living World
- The Way To Become A Person In Heaven While Living
- Nature's Flow
- Mind
- World Beyond World
- Heaven's Formula For Saving The World
- The Book Of Wisdom
- The Enlightened World

These books are in the process of being translated into English, Spanish, French, German, Italian, Portuguese, Swedish, Hungarian, Chinese and Japanese.

Personal Experiences

Ansa

Pretoria, South Africa

Before I started Maum Meditation I used to do a lot of soul searching, always looking for answers to anything. I was constantly searching for "myself," what I want out of life as well as what the meaning of life was.

I also thought that I would be happier if my circumstances would change, for example if I could have more money, a better job, career, if only people would like or love me more. I used to stress about my children, family and friends, happiness, health, etc.

I was actually living my whole life – past, present, and future in my mind. My mind never stopped working. I had insomnia, stress, and was irritated and angry with everything and everyone. After a few months of doing Maum Meditation I am much calmer, less influenced by circumstances, less volatile, less angry. I have much more patience with myself and the people around me. I sleep much better.

I have a better understanding of other people's imperfections and their circumstances. I am better able to see things from their point of view and not just from my own. I don't worry about other people's opinions or their acceptance of me anymore.

But so far the greatest gift for me is that I don't worry about the future anymore. My mind has become quiet. I am happy and I know where I am going. Thank you.





Chris
Sydney, Australia

I started Maum Meditation because I was looking for something, yet my fear was throwing away things. I enjoyed (so I thought) holding on to things – favorite memories of friendships, love, holidays, sentimental objects and not-so favorite memories of anger, betrayal and guilt. How could throwing this away make me better? Wasn't I trying to find something to add to myself, not throw myself away?

But the method of subtraction – the results were immediate. I found that only after a few sessions of Maum Meditation I was sleeping through the night in full rest. Before Maum Meditation I was a restless sleeper, taking a long time to fall asleep and often waking in the middle of the night.

Now after a number of months of practicing and reaching Level 3 I have found so many benefits beyond enjoying a good night sleep. I learned that holding on to those things, favorite and not-so favorite was a heavy burden and a complete waste of my life. Eliminating the burden is enlightening. I can see more clearly what is really going on, what the root cause is and how my own mind impacts everything.

The best example I can give is my work. I still work hard with intensity and pace but I don't get caught up with difficulties. Difficult situations are easier to understand, manage and resolve. I now see problems from a healthier perspective, one which is focused on understanding what is really going on and finding a solution, rather than jumping to the first negative reflex response.

I now see problems from not only my own perspective but the other person's perspective as well as the universe perspective. This has really helped me with my relationships, personal and professional. And that resembles how I summarize Maum Meditation and its benefits: "Live in the now, not in the past, nor in the future."

Personal Experiences



Hayley

Mandurah, Australia

Ever since I was quite young I always felt as if something was missing in my life. My husband and I both secured good jobs, saved money and bought our first home together. Striving for more challenges, in a few years we built 3 houses. We started to add more to our material goods basket, trying to fill our hunger for happiness. My chase for happiness had a hard price to pay. Feelings of insecurity, loneliness, anger and resentment was sending me into a spiral of despair. I was finding myself in disputes with others, then friends, then family, then my husband. Our beautiful family was at risk. Then one day not so long after I visited my local hairdresser, I picked up a Maum Meditation leaflet. Since then my life has changed.

After practicing Maum Meditation my life seems so clear and has more meaning. I appreciate now that I was meant to have been a mother and I have a place. I feel gratitude for what I have without wanting more. Relationships with friends have been amended and are more fruitful than ever. I feel more compassion for anyone from strangers right up to those closest to me. My stress and anxiety has reduced dramatically, even the children and the dogs are less stressed.

Since following the method and discarding the pictures in my mind I feel I am finding the true me and my fears and insecurities are washed away. Even from the first few levels of Maum Meditation I feel the change in me and I am still changing day by day. Through all this I can say that Maum Meditation has overcome all that I was and without the method I don't know what I would have done. I am so grateful to the founder, for the method, everyone at Maum, the local center and all the helpers for saving my life.

Press | *Maum Meditation & Founder Woo Myung*

..... The Lahore Times (Pakistan) February 2, 2013

Because the method to achieve completion is present in Maum Meditation and many people around the world have reached completion, the worldwide sensation and fever continues to grow.

The Jet (Fiji), December 6, 2012

Distinguished from other common meditation, self-help, or philosophy books, <Stop Living In This Land. Go To The Everlasting World Of Happiness. Live There Forever> reveals the precise destination for modern man on where he has to go.

San Francisco Chronicle,
December 25, 2012

Woo Myung's latest book or e-book version may be the perfect unforgettable gift that can permanently change one's life from dread, anguish, or even boredom to one of gratitude, understanding, and joy.

Boston Globe, April 5, 2013

Now with this method of subtraction, more and more people will be able to achieve true peace of mind.

Times Union, February 02, 2013

Maum Meditation provides a scientific and step-by-step method of subtraction which enables anyone to easily recover one's original nature and lead a true life without stress. Maum Meditation is embraced worldwide because anyone can easily practice this simple method of subtraction regardless of age, gender, race, culture, or religion.

San Francisco Chronicle, January 6, 2013

Now, the time for a fundamental universal solution has come. "Stop Living In This Land, Go To The Everlasting World Of Happiness, Live There Forever" explains the reason of human existence and the reason why we are born into this world, the fundamental principle of the world and recovery of the true self.

Maum Meditation Centers

Please visit www.maumusa.org for list of additional phone numbers of Maum Meditation Centers in Africa, Asia, Central & South America, and Europe. Call now to schedule your free introductory lecture at a center near you.

• U.S.A.

- AK** Anchorage 907-865-5954
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Diamond Bar 909-861-6888
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Long Beach 562-900-5585
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Los Angeles (Koreatown) 213-908-5151
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• South Korea

- Over 240 centers in South Korea
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Nonsan-si, Chungcheongnam-do,
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Wisdom's Webzine Truly Inspires People To Live With Wisdom

"The More You Read, the More
You Become the Universe Mind."



Wisdom's Webzine

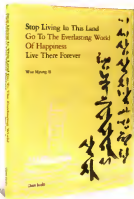


Wisdom's Webzine is an online-based magazine published monthly by Cham books. Columns covering a wide variety of topics, helpful tips for daily life, inspiring YouTube video clips, film and book reviews are just some of the many engaging articles. Additionally, beautiful photography, webtoons, picture stories, and many others make Wisdom's Webzine a heartfelt read.

Wisdom's Webzine also covers Teacher Woo Myung's writings about Truth and mind. Your stress mind can be subtracted just by reading Wisdom's Webzine. All contents are incorporated with wisdom that inspires everyone to live with freedom and wisdom. It is also available in a number of languages, including Spanish, Italian, French, Chinese and Japanese.

Woo Myung's latest Book

{ Stop Living In This Land Go To
The Everlasting World Of Happiness }
Live There Forever



Published by
Cham books
380 Pages
U.S. \$11.99

*"The reason and purpose of
why humankind is born is to live
eternally in the world of happiness."*

- Woo Myung

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A must read in the search for one's true self and eternal happiness



Woo Myung's teachings are the fundamental solution to achieving real peace in the world.

Dr. Charles Mercieca, President,
International Association of Educators for World Peace (IAEWP)

This book is a living textbook on Truth that is destined to be required reading for all humankind. It explains and answers all fundamental questions, which remained elusive throughout the ages, such as "Where did we come from? Where do we go?" and "What is the purpose of human existence?"

Dr. Boas Yu, Holy Family University Assistant Professor

Author Woo Myung explains in his new book how to wake up from the delusional mind world and live in the real world. He presents a very clear message to the reader that now is the time to subtract the false mind in order to become the Truth. He also specifies where to go to learn the unique method of subtraction. The writing is inspirational, genuinely touching the reader's soul. A must read in the search for one's true self and eternal happiness.

Tina, Financial Manager, USA

Through this book Woo Myung teaches us what a True existence means which is to live eternally. He encourages us to find the God within us and live in the True world forever and never die. The Truth is within us but we need to discard our pictures in order to find it. The author clearly explains the simple method of getting rid of all the pictures in our mind and be reborn in the True world.

Ircania Stylianou,
Assistant Principal, New York City Public School District

Cham books



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Maum Meditation
is throwing away
the false mind. @



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